

# Ch Ch Ch Chili

**Makes:** 6 Servings

## Ingredients

**1/2** Carrot, grated  
**1/2** Celery stalk, sliced  
**1 clove** garlic, minced  
**1/2** onion, chopped  
**1/2** Sweet Potato, grated  
**2 1/2 cups** Diced tomato, canned  
**13 1/2 ounces** Kidney beans, canned  
**4 tablespoons** tomato paste  
**1 1/2 teaspoons** chili powder  
**1/2 teaspoon** Cumin, crushed  
**1/4 teaspoon** Crushed Red Pepper, flakes  
**dash** salt  
**dash** black pepper



## Directions

1. Heat olive oil in large stockpot over medium heat.
2. Saute carrots & sweet potatoes for about 3 minutes.
3. Add celery & onion, and cook until al dente.
4. Add remaining ingredients & spices & bring to a simmer.
5. Lower heat and cook for one hour.
6. Optional: Add more red pepper and/or hot sauce.
7. Serve

## Notes

Serving Size: 1 cup